



Dear Distributor,

We are aware of the recent controversy in the media about how some fish oil supplements can dissolve polystyrene (or Styrofoam). It naturally leads many people to wonder what in these supplements are dissolving the polystyrene, and whether these substances are safe for long-term consumption.

In fact, the answer is simple, if rather boring: – By its nature, polystyrene dissolves in some long-chain fatty acids found in natural fats and oils. This is not even a chemical reaction: just like sugar dissolves in water, polystyrene happens to dissolve in some types of fatty acids.

And highly purified concentrated Omega-3 fish oils are one of the things that dissolve polystyrene.

Just because Omega-3 can dissolve polystyrene and makes holes in a Styrofoam cup does not mean that eating lots of fish or taking omega-3 concentrated fish oils will corrode our stomach and intestines or cause harm to our body. There are abundant scientific studies that show Omega-3 is, in fact, very beneficial to our health. (Fortunately our body is not made of polystyrene, or our *stomach acid* would have dissolved it too!)

Think about it: Just because strawberries and raspberries can cause permanent stains on our white cotton shirts does not mean that our intestines are being stained and harmed when we eat these berries. In fact, the brightly-coloured compounds found in berries contain some very beneficial antioxidants! Fortunately, our intestines are not made of cotton either...

You may well wonder why not all fish oil supplements make polystyrene cups leak. And the answer lies in the way the oil have been distilled, concentrated and purified.

Ordinary fish oil supplements go through only *one* simple process of distillation to separate the crude fish oil from the other body parts of the fish, and to remove impurities. This leaves the fatty acids in a form that contains only one part in three of useful Omega-3. In this 'complex' form, the Omega-3 acid does not dissolve polystyrene easily, although if left in contact with polystyrene for a long time, parts of polystyrene do actually leach into the oil. (The process, however, is too slow for us to see.) That is why health professionals often advise against storing fatty foods in polystyrene containers, particularly if the food is hot.

High-quality concentrated fish oil supplements, like those recommended by doctors, go through a second distillation process. This removes saturated fats and other non-Omega-3 fats. This further purifies the oil, removing even more of the environmental contaminants such as mercury and heavy metals that are present in fish. Therefore, fish oil supplements that go through *double-molecular distillation* are not only cleaner, but also contain much higher concentration of useful Omega-3 fatty acids – a double benefit for us.

It is this simpler, "purer" form of Omega-3 fatty acid that dissolves polystyrene so quickly and visually.

USANA's BiOmega is double-molecular distilled, and is one of the purest fish oil supplements on the market. The *same form* and *concentration* of fish oil provided in BiOmega has been used in dozens of human clinical trials, and has proven, in every case, to be safe and effective. USANA's fish oil supplement was named by the Straits Times in April 26, 2006 to be one of the three "best brands" in Singapore for purity. It does not contain any foreign organic solvents that will harm the body.

We thank you for your support, and your continued trust in the quality of our products.